SPANISH · DESSERT

Unsweetened Crustless Manchego Cheesecake (Basque-Style)

60 min · plus cooling Makes 10 × 1 slice 275 kcal a portion

Video 16:18 · Oh, The Things We'll Make!

Carnivore | Gluten-free ingredients | No nuts listed

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No crust, flour or sugar: a slice has about 7.5 g of protein and under 3 g of carbohydrate, and is a good source of vitamin A and selenium.

Diet notes: Keto (2.4 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the aged Manchego (traditionally made with animal rennet).

Ingredients 4 · MAKES 10 × 1 SLICE

- [ ] 100 g **aged Manchego** (or another aged sheep's-milk cheese), rind removed
- [ ] 300 ml **heavy whipping cream**
- [ ] 300 g **cream cheese**
- [ ] 4 **eggs**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 210°C. Crumple a sheet of baking paper, wet it, wring it out and press it into a 21 cm round cake tin. 8:45
2. Cut the rind off about 100 g aged Manchego and grate it or chop it into small pieces. 6:32
3. Warm 300 ml heavy cream in a pot over low to medium-low heat, add the cheese and stir until it has melted into the cream (blend it if you want it completely smooth). Take it off the heat. 7:53
4. Whisk in 300 g cream cheese until smooth, then whisk in the 4 eggs one at a time; adding them last lets the mixture cool a little so they don't cook. 10:46
5. Pour into the tin and bake for 35–40 minutes, checking at 30, until the top is deep brown and the edges are set but the centre still wobbles slightly. Cover with foil if the top darkens too fast. 14:25
6. Cool to room temperature before slicing. Serve at room temperature for a soft centre, or chill it for a denser cheesecake. 15:25

> **Tip** The cook stirs 50 g erythritol into hers but says it is optional and the cake works with just cheese, cream and eggs, which keeps it carnivore. It is a rich dessert, best kept for occasions.

The method is a summary in our words — the video shows every step.

One portion (1 slice) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
275 kcal 1,150 kJ	7.5 g 15% of a day	2.4 g 2.4 g net · 2.1 g sugars 1% of a day	0 g 0% of a day	26 g 15 g saturated 34% of a day	190 mg 8% of a day

Energy from net carbs 4% · protein 11% · fat 85% — fits keto: 2.4 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin A 30% · Selenium 20%

Source of (10–19%) Vitamin B12 17% · Omega-3 13% · Calcium 10%

Recipe and video: Oh, The Things We'll Make! (@Thethingswellmake) on YouTube — youtube.com/watch?v=Uw6fnhpISJs, published 10 August 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/unsweetened-manchego-basque-cheesecake